

JUNIOR CYCLING POLICY



MAY 2015

INTRODUCTION

It is with pleasure that I introduce you to the Cycling Australia Junior Cycling Policy. This policy document is designed to assist all cycling administrators, coaches and volunteers in the development and provision of safe, healthy and fun environments in which young people can participate in cycling.

The primary focus of this policy is junior cycling programs covering participants aged between 5-12 years but information on development and appropriate activities for young people up to 17+ years is also included for reference.

Cycling Australia recognises the importance of providing the opportunity for all young Australians to engage in cycling in a way that brings them satisfaction, good health, fun, recognition and provides valuable learning's to those young participants. To this end, the Junior Cycling Policy will assist cycling clubs and affiliated associations, schools, delivery centres and other groups responsible for the development, organisation and conduct of junior cycling.

The Junior Cycling Policy has been developed in collaboration with the eight State/Territory Cycling Associations across Australia. It reflects the Junior Sport guidelines of the Australian Sports Commission (ASC).

With a strong emphasis on safety, risk management and duty of care issues it is vital that all cycling providers carefully consider this policy and adopt the policy.

Junior sport participation has many benefits including contributing to health and wellness by providing increased activity levels and reducing stress, and helping to build a positive self-image. It also offers a range of social benefits such as:

- developing life skills (e.g. communication, concentration, commitment);
- learning responsibility and discipline;
- learning how to work with others in group environments;
- learning to cope with success and failure;
- developing a sense of community, loyalty and cohesion.

DISCLAIMER: The information contained in this Cycling Australia Junior Cycling Policy is in the nature of general comment only, and neither purports, nor is intended, to be advice on a particular matter. Readers should obtain independent professional advice where appropriate and before acting on any of the legal or risk management issues contained in this Junior Cycling Policy. No responsibility or liability can be accepted by Cycling Australia or the authors for any loss, damage or injury that may arise from any person acting on any statement or information contained in this Junior Cycling Policy.

COPYRIGHT: Except where permitted by law, no part of this Junior Cycling Policy may be reproduced by any process, electronic or otherwise, without the specific written permission of Cycling Australia.

This policy has been adopted by the Board of Cycling Australia in accordance with the Cycling Australia constitution and applies to all Cycling Australia members, including affiliated constituent associations and affiliated clubs.

The Junior Cycling Policy has been developed in a way that provides constituent associations, affiliated clubs and schools with a means of quickly referencing key issues and strategies to assist them in delivering junior cycling. In particular, the Junior Cycling Policy will help:

- create safe and supportive environments for enjoyable participation to encourage lifelong involvement;
- provide an environment for the development of skills, cardiovascular and musculo-skeletal health;
- foster social benefits and encourage good sporting behaviour;
- provide equal opportunities for all young people to participate in cycling programs and competitions;
- encourage and actively cater for talented young sports people;
- develop a consistent and co-ordinated approach to all cycling programs in the community.
- provide positive experiences to encourage lifelong participation in the sport of cycling

The Junior Cycling Policy has been developed by Cycling Australia for the benefit of all Australians. We gratefully acknowledge the support of the Australian Sports Commission for its direction and encouragement in preparing this policy. We also acknowledge the many hundreds of volunteers who will support this policy through their role in delivering junior cycling, and we thank you for your commitment and dedication.

Nicholas Green OAM
CEO

CONTENTS

Attracting Young People to Cycling and Keeping Them Involved		
How Should We Present Cycling?		
Motivators for Participation		
Ability		
Body Shape		
Disability		
Ethnicity		
Gender and Sexuality		
Geographical Location		
Indigenous Australians		
Socio-Economic Status		
Physical Growth and Maturation		
Developmental Process		
Implications for Cycling		
Programs, Training and Competition		
Talent Development		
Table 1: Stages of Development for Young People		
Cycling Pathways		
Stages in Cycling Progression		
Planning the Progression		
Broad Experiences		
Progression		
Advanced Progression		
Specialisation		
Let's Ride		
Recreational Participation		
Table 1: Progression for Recreational Cycling		
Competitive Participation		
Table 2: Progression for Junior Cycling		
Diagram 1: Cycling Australia Elite Athlete Pathway		
Forming Links		
Community Benefits		
School / Club Relationship		
People Making it Happen		
Codes of Behaviour		
Quality Coaching		23
4 Aims for Quality Coaching	4	23
4 Understanding Learning	4	23
4 Planning	4	23
5 Developing Effective Coaching Skills	5	23
5 Safety Considerations and Legal Management for Cycling	5	24
5 Vicarious Liability	5	24
5 Use of Images	5	25
6 Privacy	6	25
6 Health and Safety	6	25
6 Facilities and Equipment	6	25
7 Training and Competition	7	26
7 Physiological Considerations	7	26
7 - Body Temperature Regulation	7	26
8 - Fluid Balance	8	26
8 - Nutrition	8	26
9 The Environment	9	27
11 - Weather Conditions	11	27
11 - Sun Protection	11	27
11 Infectious Diseases	11	27
11 Medical Considerations	11	28
12 Drugs	12	28
12 Weight Management	12	28
12 Dealing with Emergencies	12	29
12 Glossary of Acronyms and Key Terms	12	30
13 Acknowledgements	13	31
14 Further Resources	14	32
15 Website References	15	33
15 Contacts for Junior Cycling	15	34
16	16	

ATTRACTING YOUNG PEOPLE TO THE SPORT OF CYCLING AND KEEPING THEM INVOLVED

Cycling plays a vital role in the Australian way of life. In a typical week one in every six Australians (over 4 million) will ride a bike. Participation levels are highest with children, where it is reported 1.9 million (6 in every 10) children aged between 5 to 14 years will ride a bike.

Cycling Australia has developed programs and pathways to assist in increasing the retention rate of young people participating in cycling as a sport rather than just as a pastime. The overall decline in participation rates throughout the sporting industry impacts significantly upon the individual who no longer chooses to participate. Sport assists in preventing lifestyle diseases and promotes physical, psychological and social well-being.

Cycling should be planned around the needs of young people to make it a positive and quality experience for them. Young people want:

- to keep good friends and make new ones;
- fun, excitement and enjoyment;
- to experience challenge, achievement and personal responsibility;
- to be personally satisfied;
- to use and improve their skills and to be healthy.

To encourage ongoing participation for young people, cycling providers need to offer activities in a varied and interesting way. Modifying cycling to foster skill development and to emphasise the social and fun aspects will help to keep interest and allow satisfaction for developing young participants.

The promotion and encouragement of volunteer roles (coaching, officiating and administration) will also assist in retaining young people within cycling.

STRATEGIES TO MAKE CYCLING ATTRACTIVE TO YOUNG PEOPLE

Young people need to feel they are getting a fair go in their cycling sporting opportunities and it is important that cycling is made to fit young people. Modified rules, programs, activities and equipment assist in doing this and help young people to experience success.

Tailored development programs and modified cycling events offer young people:

- activities better suited to their capacities;
- an appropriate level of challenge;
- the opportunity to develop skills in a rewarding and enjoyable environment
- a clear pathway for progression in the sport.

MOTIVATORS FOR PARTICIPATION

Early cycling experiences impact greatly on continued participation. It is important to understand what motivates young people to stay involved in cycling, so we can develop and conduct programs which best cater for them. Providing a competitive environment is only one element of this and for many is not the motivator to participation.

Cycling providers need to:

- do all they can to make the cycling experience for young people a safe and positive one;
- ensure that programs cater to the needs of all participants in the group;
- listen to young people's views and encourage constructive feedback to improve their cycling experience.

All young people should have the fundamental right to be physically active and participate within cycling. Cycling Australia makes decisions based on principles of equity so that individuals are not affected negatively by ability, body shape, disability, ethnicity, gender and sexuality, geographical location and socio-economic status.

A number of cycling programs have been, and continue to be, developed which may be adapted for young people who fall within these categories. These programs also aim to address issues relating to access and equity, which are magnified when young people belong to more than one of the above groups.

¹2011 National Cycling Strategy, 2011-2016 Implementation Report, Ausroads

ATTRACTING YOUNG PEOPLE TO THE SPORT OF CYCLING AND KEEPING THEM INVOLVED

ABILITY

Cycling providers should be aware that young people develop both physically and psychologically at different rates. They need to recognise and accommodate different stages of learning and development within groups of young people. It is important that all young people are given the opportunity to reach their potential, regardless of their current level of ability.

Providers should avoid letting the need to win override giving all young people a fair go, and focus on participants' abilities and achievements rather than any perceived shortcomings in performance.

BODY SHAPE

Cycling attracts participation by, and is well suited to, young people of all body shapes and sizes. Cycling providers must take care not to judge a young person's ability and interest by their body shape. They must ensure young people experience all cycling disciplines regardless of their current height or shape. This will maximise skill development, enjoyment and future potential.

DISABILITY

Cycling recognises that young people with a disability enjoy their cycling experiences. It is important for cycling providers to encourage and assist young people with disabilities to participate in cycling. Providers should focus on the abilities of all young people but should also be cognisant of the limitations that an individual's disability may have on their ability to undertake some activities. This will avoid embarrassing them or discouraging them from participating.

Cycling providers have a responsibility to create opportunities for all young people, including those with a disability. This means providing a range of opportunities that:

- require no adaptation and are fully inclusive of young people with disabilities;
- require some adaptation to include young people with disabilities;
- are only for young people with disabilities.

While there is a strong pathway to elite representation in para-cycling, providers should be aware that not all

people with a disability will be interested in pursuing this pathway and, like anyone else who rides a bike, many may only wish to enjoy the social aspects of cycling while maintaining an improved level of health and fitness.

ETHNICITY

Cycling is a sport that can be undertaken and enjoyed by all Australians, regardless of their cultural background. In cycling, we encourage participation of young people from culturally and linguistically diverse (CLD) backgrounds in order to:

- provide access to a wider cross section of the Australian population;
- promote cultural diversity in cycling experiences for all young people;
- enable young people from diverse backgrounds to compete at the highest levels
- provide opportunities for CLD parents/carers to be involved in junior sport as coaches, officials and administrators.

GENDER AND SEXUALITY

Cycling welcomes the opportunity for boys and girls to participate together. At a club level it is common for participants of all ages to participate in mixed gender training and racing. Until puberty begins to bring about significant physical differences between boys and girls, mixed competition is a good way of developing race skills and ensuring sufficient numbers to make racing possible. Cycling Australia regulations specify age/gender requirements for state and national level competitions.

It is recognised that young people prefer the opportunity to individually choose specific competitions in which they would like to participate. It is important that cycling providers create an environment that is welcoming and comfortable for people to participate, regardless of their gender or sexuality.

Providers have a responsibility to deal promptly and fairly with any situation where a young person is being treated in an abusive way by their peers or other people for reasons associated with their gender or sexuality. [Cycling Australia's Member Protection Policy \(MPP\)](#) covers requirements relating to sexuality and gender issues.

ATTRACTING YOUNG PEOPLE TO THE SPORT OF CYCLING AND KEEPING THEM INVOLVED

GEOGRAPHICAL LOCATION

Young people from rural and remote regions may be disadvantaged because of:

- limited opportunities and facilities in the community;
- the distances to travel for training, coaching and competitions;
- the additional costs and time to participate;
- the limited number of young people available to participate with;
- fewer competition options;
- restricted access to a high performance coaching environment.

Cycling providers should identify opportunities to reduce barriers for participation. This may include initiatives such as increasing opportunities to travel to larger centres via parent rosters, car pooling or bus transport; subsidised or other accommodation options (eg. billets) when travelling for participation or competition opportunities; provision of 'fly in-fly out' coaching and development programs for rural and remote communities.

Cycling providers can also work with regional communities to investigate ways in which they can work together to provide more opportunities for young people to experience cycling.

INDIGENOUS AUSTRALIANS

Culturally relevant support offered by cycling encourages participation by young indigenous people in cycling.

Cycling providers should:

- encourage young indigenous people to participate in sport;
- provide help with coaching and resources;
- provide education and development opportunities for Indigenous sport providers;
- offer culturally relevant support for Indigenous young people who relocate to participate in sport;
- offer places to gifted young indigenous people in talent development programs.

SOCIO-ECONOMIC STATUS

Provision should be made to allow and encourage young people from a wide cross section of society to participate in cycling programs, which will benefit both the individual participant and cycling.

Above all, young people must be treated with respect regardless of their capabilities, and experience a safe and responsible environment led by caring cycling providers. Ultimately this will provide a rich cycling experience for young people and result in continued retention of interest and supported talent development.

Cycling providers can investigate ways in which the community can become involved in assisting and supporting young people from low socio-economic areas, eg. loan bikes, recycled cycling specific clothing.

For further information regarding programs to assist these areas, contact Cycling Australia or your local State/Territory Cycling Association.

PHYSICAL GROWTH AND MATURATION

Physical activity is essential for the normal growth and development of the child. However, there are potentially harmful effects for young athletes through the impact of intense training. This can adversely affect the dynamics and timing of growth and physical maturation. Determining when children are ready for more intense training and competition is a duty of care required of sports leaders.

Cycling Australia recognises the diversity that comes with physical growth and maturation, and understands that young people grow and mature at different rates. Cycling offers a range of opportunities/programs to cater for the needs of developing young people. Participation in cycling can be more rewarding and safer for young people if cycling providers:

- adapt activities to their changing needs especially during periods of rapid growth;
- judge performance according to a young person's stage of development, and not by what others of the same age can do;
- leave decisions about specialisation as late as possible.

Cycling Australia has a range of other strategies in place to protect young participants from potential injury. These include gear restrictions for young athletes and equipment limitations.

DEVELOPMENTAL PROCESS

The development of a child is driven by three distinct processes: growth, maturation and adaptation. These have important implications for training and competition.

Growth is the increase in overall body size with changes in muscle, bone and fat and this affects motor skills. Growth is complicated because:

- different parts of the body grow at different rates;
- periods of growth start and stop at different times.

Maturation is the genetically programmed series of changes leading to maturity. These changes occur in the same sequence in everybody, but there are great individual differences in:

- when puberty starts;
- how long puberty takes (it can be 18 months to 5 years);
- how much growth occurs in the adolescent growth spurt.

The growth spurt in height happens first and is followed by the growth spurt in weight and strength respectively.

It must be noted that pubertal growth begins in girls at around the age of 10 years and in boys at around the age of 12 years.

Adaptation occurs as a result of external rather than genetic factors.

Young people may be at risk of dropping out of cycling unless appropriate strategies are implemented and they are given the chance to fulfil their goals. This applies particularly to some early developing girls and late matures who may be small for their age.

IMPLICATIONS FOR CYCLING

Cycling recognises the uneven spread in growth and maturation in young people. Recognition of individual needs within chronological age groupings, including emotional or psychological maturity, needs to be considered when determining the developmental status of a young person.

Cycling activities should be organised so young people have positive experiences regardless of their developmental status and the focus should be on personal improvement, as opposed to comparison with others of the same age.

PHYSICAL GROWTH AND MATURATION

PROGRAMS, TRAINING AND COMPETITION

For safety, young people must have accredited coaches/instructors who plan programs, training and competition schedules according to individual needs. These should be:

- designed around the holistic needs of young people with consideration of their level of social, emotional and psychological maturation;
- planned taking into account all physical activities undertaken by a young person;
- adjusted on an ongoing basis so loading is progressive and matched to their developmental stage;
- consistent with Cycling Australia's regulations around the involvement of young people in cycling.

Training is beneficial for the best possible growth and development of young people. In addition, relevant and appropriate competition based experiences are an important part of cycling because they provide challenges in advancing skills, health and social benefits.

Competition is an important part of sport because it provides challenge in applying, testing and developing skills. However, the great variation in children of the same age in physical aspects such as height, weight and strength results in the risk of injury and psychological distress when young people are unevenly matched. It may be necessary to consider groupings based on criteria other than age to favour a positive environment for young people continuing in sport.

Handicapping is one example of a way to allow participation in open competition of young people with different physical abilities eg. Those who are smaller/ not as strong or who have a disability. Handicapping is a strategy used throughout cycling categories and is equally as useful for young people as mature participants.

Participants with disabilities may also benefit from modifications to rules and equipment that allow them to participate on an even footing with other participants. Care should be taken to ensure that modifications allow equal participation without providing an unfair advantage.

Challenging competition is only one element of the development process and all junior cycling

participants should be encouraged to achieve, do their best and develop their full sporting potential. The emphasis in junior cycling competition should be on the quality of the experience and its appropriateness to the age and ability of the participants.

TALENT DEVELOPMENT

Expert opinion is that young people should be encouraged to participate in a wide range of activities requiring a variety of motor skills before beginning to specialise in a single sport, event or position.

Some young people have the potential to become elite athletes and hence may wish to train seriously.

Their progress is best catered for by:

- ensuring activities are appropriate to the developmental stage of the individual, rather than catering to their desire to 'do more';
- delaying specialisation until mid adolescence;
- graduated talent development programs based on quality coaching and talent management;
- physical, psychological and social preparation for the demands of high level competition;
- education about the societal role of elite athletes and the potential impact of success and failure on their lives.

While achieving and responding to challenges, young people must also have fun. It is not in their best interest to have them concerned about whether they are going to make the elite ranks. This concern could manifest in overtraining and be counter-productive. Training and competition schedules need to be planned around the holistic needs of each individual athlete and his/her family.

It is important for administrators, teachers, coaches and parents to understand the various stages of skill and social development that young people are experiencing, particularly during pre-adolescence. Recognising these general stages of development will assist clubs and program providers in preparing developmentally appropriate programs for young people participating in cycling.

Table 1 highlights the specific stages of development for young people, and provides guidelines and strategies on how to manage them effectively.

TABLE 1: STAGES OF DEVELOPMENT FOR YOUNG PEOPLE

APPROX AGE RANGE (YEAR)	SKILL DESCRIPTORS	SOCIAL DESCRIPTORS	IMPLICATIONS FOR RECREATIONAL CYCLING	IMPLICATIONS FOR COMPETITIVE CYCLING
EARLY YEARS (UNDER 9 YEARS)	Mastery of basic movement skills. Can build sequences of two or more skills. Effort more important than outcome. Responds to simple rules and games/activities with limited decision making skills.	Still egocentric. Children work well individually, in pairs and in small groups. Respond well to positive general feedback. Can follow simple instructions and visual cues.	At this age the emphasis should be on "play" or fun, and all activities should be focused on recreational participation.	Relatively short training sessions (up between 30 - 60 minutes). Build skills with simple sequences and lots of practice. Simple relays, and short games for young children eg. slow races. One or two quality cues per session. Lots of prompts for creative 'play' in and outside of the structured program.
MIDDLE PRELIMINARY (UNDER 11 YEARS)	Able to apply skills in more structured but modified games and activities. Generally, girls are better at balance based activities and boys enjoy explosive power based activities. Improve basic techniques and introduce fun race simulation games.	Work well in pairs, small groups and teams. Respond well to constructive and positive feedback. Can develop a strong sense of belonging. Cannot think through consequences of actions. Emphasis on fun, equality and inclusion. Can better understand purpose of rules.	Progressive development of sequences leading to informal cycling competitions. Emphasis on building competence and confidence in basic skills and movement challenges. Target equality of opportunities for participants. Consult parents about perceived needs of 'family friendly' times for a regular commitment. Incorporate social opportunities in addition to cycling.	Introduce sports specific skills such as changing direction and effective braking with appropriate rules and equipment. Incorporate problem solving, appropriate behaviour and cooperative (safe) riding techniques. Can develop a sense of team work in a cycling bunch. Short instructions mixed with lots of practice, skill correction, and generalist skill development. Several prompts to practise at home and with friends. Training sessions up to 60 minutes. Invite parents to develop social support and partnerships in managing groups of riders.
EARLY ADOLESCENCE (UNDER 13 YEARS)	Refine skills, and understanding of activities to introduce racing strategies. Modified rules and safety remain important. Can select a sport to specialise in without being a "SPECIALIST" within it.	Attracted to fun, belonging, competition and social opportunities. Can see sport as an opportunity for advanced freedom and independence. Skill differences because of pubertal differences become evident. Can understand basic concepts behind how sport is played. Cannot depersonalise criticism. May lack commitment to practice and patience.	Emphasise the sense of belonging and empowerment. Offer short and creative training opportunities. Continue basic skill progression. Incorporate social opportunities in addition to cycling.	Increased intensity and complexity of challenges. Fun, appropriate fitness activities should be used. Coaching points remain important. Flexible opportunities are required for older beginners or riders with special needs. Continue to provide opportunities for young people to try a variety of cycling disciplines. Training sessions of up to 90 minutes, using a variety of training methods and activities. Awareness of social needs, nutrition, hydration and injury prevention. Emphasis on development of skills and group riding. Note: age based championships become available in this age group for cycling.

TABLE 1: STAGES OF DEVELOPMENT FOR YOUNG PEOPLE

APPROX AGE RANGE (YEAR)	SKILL DESCRIPTORS	SOCIAL DESCRIPTORS	IMPLICATIONS FOR RECREATIONAL CYCLING	IMPLICATIONS FOR COMPETITIVE CYCLING
MIDDLE ADOLESCENCE (UNDER 17 YEARS)	<p>Consolidation, refinement and specialisation of skills.</p> <p>End of puberty may demonstrate increased muscle mass for strength and explosive power in males.</p> <p>Can evaluate strengths and weaknesses of own performance.</p>	<p>Improved ability to understand consequences of actions.</p> <p>May participate for social status.</p> <p>May carry unrealistic and media highlighted expectations of sporting successes.</p> <p>Development of self-discipline.</p>	<p>Recognise that some riders may not be interested in structured training.</p> <p>Provide flexibility in competition/participation types.</p> <p>Incorporate social opportunities in addition to cycling.</p> <p>Recruit recreational riders to assist with administration of club racing and committees.</p> <p>Provide recreational opportunities in cycling.</p>	<p>Positive and specific feedback is important for skill refinement.</p> <p>Cater for individual differences that may result from physical, cognitive and social maturation.</p> <p>Help set realistic individual sporting goals.</p> <p>Offer lots of ways to belong to a club and be accepted.</p> <p>Consider individual specialised training programs for talented young people.</p> <p>Introduce some advanced skill development techniques.</p>
LATE ADOLESCENCE	<p>Continue skill specialisation and refinement. Can meet increasing demands in performance. Continued increases in speed, strength and size. Slower rates of improvement in strength and endurance than during puberty.</p> <p>Sophisticated awareness of how their body moves in skill execution.</p>	<p>More realistic goals about sporting abilities in broad context of their lives.</p> <p>Good abstract thinking skills.</p> <p>Can generally cope with pressure from parents, coaches and others.</p> <p>Greater security about body image.</p>	<p>As for "Middle Adolescence"</p>	<p>Broad range of purposes – eg. coaching for competitive advancement at club level or elite representation OR fun, fitness and highly social experiences.</p> <p>Strategic pathways in support and coaching for talented youth.</p>

CYCLING PATHWAYS

Development pathways are designed for young people to move progressively through cycling and to provide opportunities to:

- develop in line with their level of maturation;
- move easily from one stage of involvement to another;
- have positive experiences while developing their skills and interests;
- be inspired to stay involved in the longer term.

STAGES IN CYCLING PROGRESSION

Although sports have different requirements, they all have definite stages in progressing young people from early involvement to developing them into an experienced participant.

In cycling, the progression moves through the following stages:

- new experiences learning to ride (1st Gear).
- broad experiences when young people experience fundamental riding skills using a variety of activities, with fun being the focus (2nd Gear).
- progression when young people are introduced to more complex skill development including shared paths and introduction to low traffic environments, but fun and enjoyment are still important (3rd Gear).
- advanced progression when a greater focus is placed on skill development and understanding is enhanced through the use of low level competition.
- specialisation when some young people become more serious about cycling and are keen to refine their skills (eg. opportunities to compete in State and National events at ages of 13+). A focus on positive experiences remains essential in the specialisation phase in cycling.

Some young people may not be interested in specialisation, however recreational participation is always an option and should be encouraged.

PLANNING THE PROGRESSION

The Cycling Australia Junior Development programs provide a sequential progression of programs and experiences that will assist young cyclists to develop health and social benefits, skills, knowledge and positive attitudes.

To encourage long-term involvement, it is important young people are able to participate in cycling at the right level for their interests and abilities.

Programs differ for stages of participation in the:

- nature and duration of activities;
- style of instruction;
- education in the rules and etiquette of cycling;
- emphasis on competitive elements.

Planning of competitive experiences should reflect the level of physical, social and emotional development of the participants while providing a progressive bridge to adult competition.

BROAD EXPERIENCES

Young people need to develop basic experiences and movement skills and be introduced to simple rules and fair play. Therefore, it is important that young people are able to participate in an informal setting during their early development.

When young people are being introduced to cycling or fundamental activities it is best not to have formal competitions so that the focus is on participation, skill development and fun for all.

The introduction of young people to organised competitive cycling should be gradual and supported through clubs. Often clubs will conduct their own development programs taking into account local conditions, aimed at developing relevant skills in young participants. Cycling Australia has begun developing a series of programs that provide a framework for the development of necessary cycling skills for young participants. These programs can be standalone or complement club programs. As the development of these programs progresses CA will require all local area development programs to be delivered consistent with the principles contained in the CA programs.

CYCLING PATHWAYS

PROGRESSION

As the young person advances in cycling, fundamental cycling skills in the previous stage need to be supplemented by more specific cycling skills.

In this stage, young people should be able to:

- try out different disciplines within cycling;
- gradually increase the time they spend in practice;
- experience fun, challenge and excitement through the way activities are organised
- develop the necessary skills to be able to ride safely in a low traffic environment.

ADVANCED PROGRESSION

In this stage, young people are learning how to train and practice becomes a more powerful factor in skill development, but fun and enjoyment remain important.

An emphasis is placed on the improvement of a wide range of skills and tactics, and the importance of learning through structured training activities is introduced.

Inter and intra-club competitions should act as stepping-stones to more formal competition, and in the later years representative opportunities and state-based competitions should be made available.

SPECIALISATION

Within the teenage years many young people will decide to specialise in cycling and training becomes a significant part of their lives.

By this stage they may have developed their physical, cognitive, social, emotional and movement skills to a level needed for highly specialised training in cycling.

Coaching clinics and talent development programs play a role at this level by assisting young people to work out which discipline/s within cycling best suit their physiology and psychology.

Practice becomes the focus of training in the specialisation stage and cycling providers need more technical expertise to assist the development of young people.

Competitions at club level should maintain a balanced focus on enjoyment as well as achievement. Once a young person decides to specialise in cycling, it is unavoidable that state and national level competitions

for older teenagers will focus more on achievement of competitive goals as cyclists look to secure selection in a National Representative team. It is, therefore, even more important for support personnel (coaches, organisers, parents, team managers) to assist participants to maintain a balanced focus on goals and enjoyment. All club, state and national competitions should provide an environment that allows young people to perform to the best of their ability.



LET'S RIDE

Let's Rides is a national junior riding program designed to be a fun learning experience for kids. The program teaches them to ride safely by developing their knowledge, skills and confidence – giving parents peace of mind.

Let's Ride program structure:



1ST GEAR FROM TRAINING WHEELS TO TWO WHEELS

1st Gear is an 'online only' program that provides parents with the skills and resources to teach their child the first steps to riding. We will help them with a series of tools and short videos to guide their kids from training wheels to two wheels.

Research highlighted that teaching this skill is seen as a parent's rite of passage, so is currently not a structured program.



2ND GEAR FROM 8-10 YEARS

2nd Gear will be delivered by CA-accredited instructors.

This program focuses on bike control skills, so that kids are given the techniques to enable them to ride more proficiently in a traffic-free environment (park, backyard, around the block, etc.)



3RD GEAR FROM 10-12 YEARS

3rd Gear will be delivered by CA-accredited instructors.

This program will focus on riding and situational awareness, so that kids are given the competencies to enable them to ride safely in low-traffic environments (shared paths, footpaths, bike paths, quiet streets, etc.)

CYCLING PATHWAYS

RECREATIONAL PARTICIPATION

Young cyclists may choose not to enter the specialisation phase and prefer to engage in recreational cycling. Recreational participation may be an option during or after the specialisation phase.

This is a desirable option for young people and may lead to the ultimate goal of life-long participation. The main aim is to have fun through cycling and spending time with friends.

Training can be in the form of group rides or training sessions aimed at maintaining and improving basic cycling skills and technical proficiency.

Some young people in the recreational participation phase look for a competitive cycling experience with less of a focus on winning and more on personal achievement, while others prefer opportunities focusing on social outcomes and fun.

The tables in the following pages summarise generalised skill and activity progressions within the cycling pathway.

An important role of cycling organisations is to assist all cycling providers (including parents/carers) to move young people through specially designed pathways according to their talent and interest. Early positive experiences within junior cycling are vital for continued participation.

In addition, parents should help young people to balance their demands and commitments (eg. school work, part-time jobs, family and peers, entertainment etc) to enable them to continue participation at the desired level.



RECREATIONAL STREAM

DEVELOPMENT STAGE	FUNDAMENTAL
AGE SPAN (YEARS)	U10 (5-9 years old)
FOCUS	Enjoyment, social and personal satisfaction
CONSIDERATIONS	Social aspects and events Encourage involvement in other roles (coach, official)
RECOMMENDED SESSION DURATION	Up to 60 minutes
RECOMMENDED SESSION FREQUENCY	Up to 4 times per week depending on the focus and motivation of the individual
SAMPLE PROGRAM	Group Rides, Organised participation events
SESSION CONTENTS	Training and competition with options at various levels
APPROACH TO CONDITIONING	Train to enjoy physical activity and social aspects of belonging to a like-minded group
COMPETITION	Focus on social competitions Level of competitive intensity appropriate to individual motivation
RECOGNITION	Recognise effort, participation and contribution to the sport

DEVELOPMENT STAGE	ACTIVE FOR LIFE
AGE SPAN (YEARS)	U17 (11-16 years old)
FOCUS	Enjoyment, social and personal satisfaction
CONSIDERATIONS	Social aspects and events. Encourage involvement in other roles (eg. coach, official)
RECOMMENDED SESSION DURATION	Up to 120 minutes
RECOMMENDED SESSION FREQUENCY	Up to 6 times per week depending on the focus and motivation of the individual
SAMPLE PROGRAM	Group Rides, Organised participation events
SESSION CONTENTS	Training and competition with options at various levels
APPROACH TO CONDITIONING	Train to enjoy physical activity and social aspects of belonging to a like-minded group
COMPETITION	Focus on social competitions Level of competitive intensity appropriate to individual motivation
RECOGNITION	Recognise effort, participation and contribution to the sport



CYCLING PATHWAYS

COMPETITIVE PARTICIPATION

Young cyclists can also enjoy the fun, excitement and personal challenge of competitive experiences. Competitive experiences should reflect the level of physical, social and emotional development of individuals through skill refinement and specialisation stages at a club level.

Introduction of State and National competition through teenage years introduces competitive goals and achievement. Ongoing focus should be on allowing young people to perform to the best of their ability.

MIXED GENDER RACING

Situations will arise in which clubs may want to allow girls to ride in boys events or with older riders and vice versa at club level. Some of the reasons may be races are graded, overall numbers are low, the terrain or environmental factors suit mixed racing, racing in regional area where there aren't as many race opportunities, an individual is at a different standard to their category (higher or lower) and need to race in another division for developmental purposes. In some

instances this may be acceptable, but race organisers must consider the impact/benefit. Detriment to all riders, not just the rider/s they are considering moving to a different category. For instance moving a talented girl into a boys racing may assist in her development, but not the development of other girls she should be racing against, who aspire to be as good as her but are discouraged if not allowed to race against her. If moving a rider is considered to be in the best interests of all participants, then the change can be made, but must be reviewed at least monthly, taking into account the different rates at which children's abilities will develop.

IMPORTANT NOTES

The maximum distances outlined in the competitive stream tables are exactly that maximum distances. Race distances should set by race organisers considering the work load each rider will experience. This is influenced by developmental stage, the number of riders, environmental factors and terrain the course.

Diagram 1 illustrates the complete pathway from early participation to the various levels of elite representation.



COMPETITIVE STREAM

DEVELOPMENT STAGE	FUNDAMENTAL
AGE SPAN (YEARS)	Under 8 (5-7 year olds)
FOCUS	Fun, learning, general athletic development & acquisition of basic motor skills for cycling
CONSIDERATIONS	Riders in this age group should only ride on closed roads and or traffic free environments. Participants should be given broad exposure to all aspects of cycling with a major focus on skills development. Specialisation is not to be introduced in these age groups. Training supervision: Rider ratios is 1:15 for track, closed road and traffic free environments.
Maximum on bike hours per week (including racing)	90 mins
Maximum session duration	60 minutes total session time including all aspects of session, eg warm up, cool down and skills
Maximum session Frequency	3 times per week
Session Content	Skill development through games, physical conditioning achieved through games and activities
Skills : Physical conditioning ratio	9 to 1
Maximum race Distance	Modified club race activities
Maximum Frequency of racing	1 x per week
RECOGNITION	Prizes can include trophies, medals, ribbons and in-kind prizes. No prize money is to be awarded
Consideration for racing outside age group or in mixed gender events	Training and club activities should be conducted as a mixed group
Recording of results/ level of racing/ competition	No results will be recorded

DEVELOPMENT STAGE	FUNDAMENTAL
AGE SPAN (YEARS)	Under 9 (8 year olds)
FOCUS	Fun, developing movement skills, introduction to the sport of cycling
CONSIDERATIONS	Riders in these age groups should only ride on roads with suitable adult supervision and risk management strategies. Where possible training and racing should be on closed roads or traffic free environments. Participants should be given broad exposure to all aspects of cycling with a major focus on skills development. Specialisation is not to be introduced in these age groups. Training supervision: Rider ratios must be observed 2:5 for traffic environments, 1:15 or track, closed road and traffic free environments. In these age groups gearing restrictions apply and may impact on the type of riding that can be undertaken. www.cycling.org.au/Home/About-CA/Rules-and-Policies
Maximum on bike hours per week (including racing)	3 hours or 40 km
Maximum session duration	60 minutes total session time including all aspects of session, eg warm up, cool down and skills
Maximum session Frequency	4 times per week (reduced if racing)
Session Content	Skill development through games, physical conditioning and fun race simulation activities
Skills : Physical conditioning ratio	8 to 2
Maximum race Distance	Racing 5km, Time Trial 2km
Maximum Frequency of racing	2 x per week except state events and consistent with development stages of 70% training to 30% competition specific training and actual competition
RECOGNITION	Prizes can include trophies, medals, ribbons and in-kind prizes. No prize money is to be awarded
Consideration for racing outside age group or in mixed gender events	Riders can race one division up but gearing, equipment and distance limitations still apply, consistent with Technical regulations at club level. Changes to racing division at state level requires approval by the state body. Mixed gender racing should be encouraged
Recording of results/ level of racing/ competition	Competition up to club activity can be contested at this age group

COMPETITIVE STREAM

DEVELOPMENT STAGE	LEARN TO TRAIN
AGE SPAN (YEARS)	Under 11 (9-10 year olds)
FOCUS	Fun, developing movement skills, introduction to the sport of cycling
CONSIDERATIONS	Riders in these age groups should only ride on roads with suitable adult supervision & risk management strategies. Where possible training and racing should be on closed roads or traffic free environments. Participants should be given broad exposure to all aspects of cycling with a major focus on skills development. Specialisation is not to be introduced in these age groups. Training supervision: Rider ratios must be observed 2:5 for traffic environments 1:15 for track and traffic free environments. In these age groups gearing restrictions apply and may impact on the type of riding that can be undertaken. http://www.cycling.org.au/Home/About-CA/Rules-and-Policies
Maximum on bike hours/distance per week (including racing)	4 hours or 75 km
Maximum session duration	60 minutes total session time including all aspects of session, eg warm up, cool down and skills
Maximum session Frequency	4 times per week (reduced if racing)
Session Content	Skill development through games and modified race focussed activities, will include some activities that begin to introduce the basic principles of physical conditioning
Skills : Physical conditioning ratio	8 to 2
Maximum race Distance	Racing 8km, Time Trial 4km
Maximum Frequency of racing	2 x per week except state events and consistent with development stages of long term athlete development of 70% training to 30% competition specific training and actual competition
Consideration for racing outside age group or in mixed gender events	Riders can race one division up but gearing, equipment and distance limitations still apply, consistent with Technical regulations at club level. Changes to racing division at state level requires approval by the state body
RECOGNITION	Prizes can include trophies, medals, ribbons and in-kind prizes. No prize money is to be awarded
Recording of results/ level of racing/ competition	Competition up to State Championships can be contested in this age group



COMPETITIVE STREAM

DEVELOPMENT STAGE	TRAIN TO TRAIN
AGE SPAN (YEARS)	Under 13 (11-12 year olds)
FOCUS	Fun, improving a wide range of movement skills
CONSIDERATIONS	Riders in these age groups should only ride on roads with suitable adult supervision and risk management strategies. Where possible training and racing should be on closed roads or traffic free environments. Participants should be given broad exposure to all aspects of cycling with a major focus on skills development. Specialisation is not to be introduced in these age groups. Training supervision: Rider ratios must be observed 2:5 for traffic environments, 1:15 for track and traffic free environments. In these age groups gearing restrictions apply and may impact on the type of riding that can be undertaken. www.cycling.org.au/Home/About-CA/Rules-and-Policies
Maximum on bike hours/distance per week (including racing)	5 hours or 100 km
Maximum session duration	90 minutes total session time including all aspects of session, eg warm up, cool down and skills
Maximum session Frequency	4 times per week (reduced if racing)
Session Content	Skill development focussing on specific cycling events and introduction of basic tactical principles through games based activities. Sessions will include technique refinement
Skills : Physical conditioning ratio	6 to 4
Maximum race Distance	Massed Start 20km, Time Trial 8km
Maximum Frequency of racing	2 x per week except state events and consistent with development stages of long term athlete development of 60% training to 40% competition specific training and actual competition
Consideration for racing outside age group or in mixed gender events	Riders can race one division up but gearing, equipment and distance limitations still apply, consistent with Technical regulations at club level. Changes to racing division at state level requires approval by the state body
RECOGNITION	Prizes can include trophies, medals, ribbons and in-kind prizes. No prize money is to be awarded
Recording of results/ level of racing/ competition	Competition up to State Championships can be contested in this age group



COMPETITIVE STREAM

DEVELOPMENT STAGE	TRAIN TO TRAIN
AGE SPAN (YEARS)	Under 15 (13-14 year olds)
FOCUS	Enjoyment and improving performance
CONSIDERATIONS	No specialisation should be applied in this age group, but riders may be starting to identify preference for sprint or endurance. They should still be required to participate in broad range of events and disciplines. In this age group gearing restrictions apply and may impact the type of riding, training and racing that can be undertaken. Training supervision: Rider ratios must be observed 2:5 for traffic environments, 1:15 for track and traffic free environments. http://www.cycling.org.au/Home/About-CA/Rules-and-Policies
Maximum on bike hours/distance per week (including racing)	8 hours or 175 km
Maximum session duration	2 hours total session time including all aspects of session, eg warm up, cool down and skills
Maximum session Frequency	6 times per week (reduced if racing)
Session Content	Retain heavy focus on skills development and refinement, increased emphasis on race simulation and tactical development. Physical conditioning should address requirements of all events.
Skills : Physical conditioning ratio	6 to 4
Maximum race Distance	Massed Start 30km, Stage Races 20km, Time Trial 10km, Criterium 20m + 3 laps
Maximum Frequency of racing	3 x per week except state events and consistent with development stages of long term athlete development of 60% training to 40% competition specific training and actual competition
Consideration for racing outside age group or in mixed gender events	Riders can race one division up but gearing, equipment and distance limitations still apply, consistent with Technical regulations at club level. Changes to racing division at state level requires approval by the state body
RECOGNITION	Prizes can include trophies, medals, ribbons and in-kind prizes. No prize money is to be awarded
Recording of results/ level of racing/ competition	Competition up to National Championships can be contested in this age group



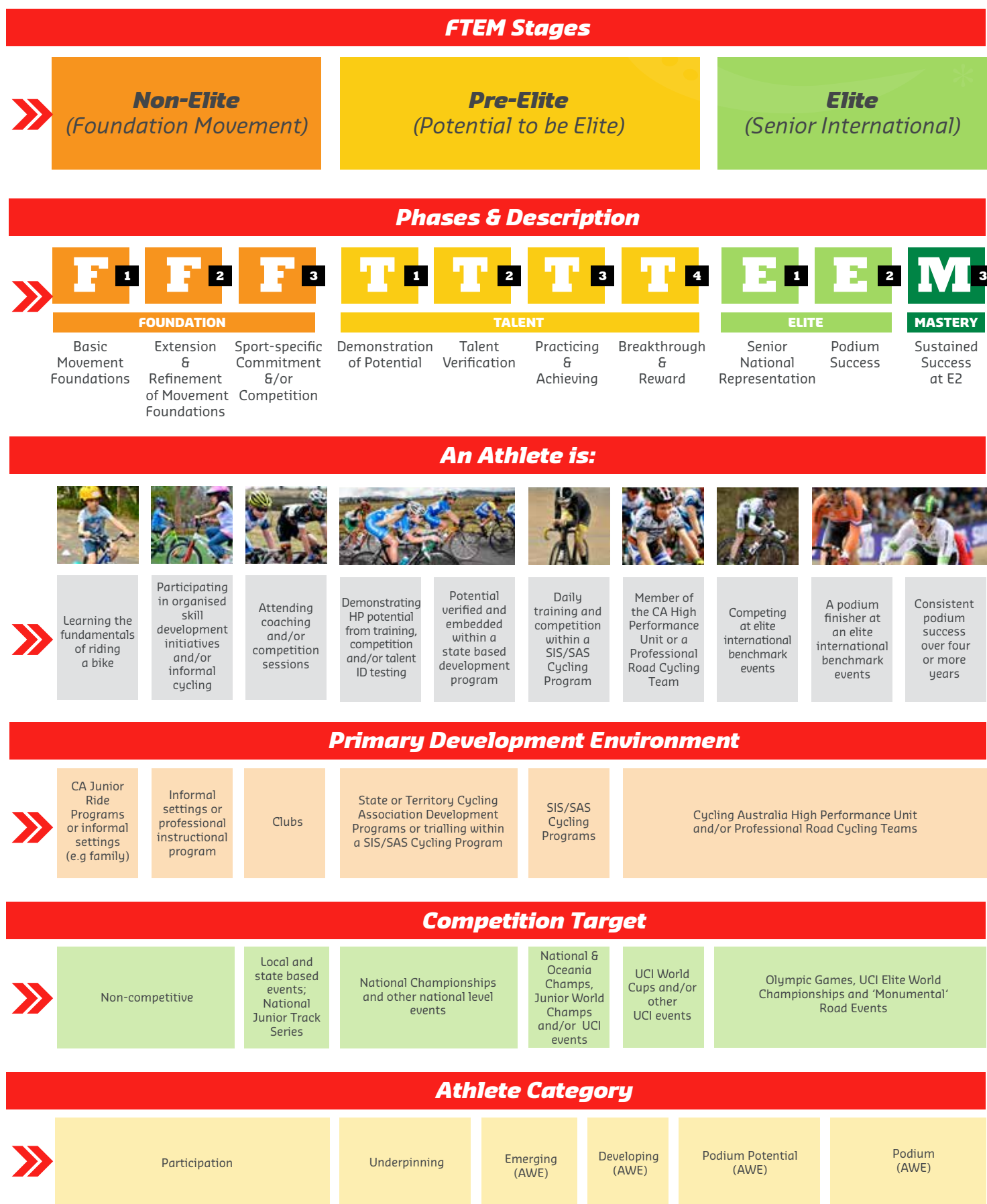
COMPETITIVE STREAM

DEVELOPMENT STAGE	TRAIN TO COMPETE
AGE SPAN (YEARS)	Under 17 (15-16 year olds)
FOCUS	Enjoyment and improving performance
CONSIDERATIONS	Riders may start to identify event preferences and aptitudes, which can be reflected in training, however they should still be encouraged to participate in a broad range of events and disciplines. In this age group gearing restrictions apply and may impact on the type of riding, training and racing that can be undertaken. Training supervision: Rider ratios must be observed 2:5 for roads, 1:15 for track and traffic free environments. http://www.cycling.org.au/Home/About-CA/Rules-and-Policies
Maximum on bike hours/distance per week (including racing)	12 hours or 250 km
Maximum session duration	3 hours total session time including all aspects of session, eg warm up, cool down and skills
Maximum session Frequency	7 times per week (reduced if racing) *
Session Content	Skill refinement and maintenance, introduction to event specific physical conditioning
Skills : Physical conditioning ratio	4 to 6
Maximum race Distance	Massed Start 70km, Stage Races 50km, Time Trial 15km, Criterium 30m + 3 laps
Maximum Frequency of racing	3 x per week except state events and consistent with development stages of long term athlete development of 40% training to 60% competition specific training and actual competition
Consideration for racing outside age group or in mixed gender events	Racing at club level may require U17 riders to ride with U19 or adult categories to provide a competitive environment. Gearing, equipment and distance limitations still apply, consistent with CA technical regulations. Refer to mixed gender racing for club competition
Recognition	Prizes can include trophies, medals, ribbons and in-kind prizes. No prize money is to be awarded. The exception is U17 riders who race in club events with older ages are eligible for the events prize money.
Recording of results/ level of racing/ competition	Competition up to National Championships can be contested in this age group

*In some instances at U17 level e.g. a rider training for a specific event, it may be necessary to exceed the maximum distances or session frequencies prescribed. This can only be done under the guidance and supervision of a qualified Level 2 or state coach.



DIAGRAM 1: CYCLING AUSTRALIA ATHLETE DEVELOPMENT PATHWAY



FORMING LINKS

Young people receive their most effective and satisfying sports experiences when there is good will and cooperation between organisations at all levels. These include:

- cycling providers (national, state and local);
- sport organisations (national, state and local);
- schools and school sports associations;
- government (local, state and federal);
- commercial and non-profit providers (eg AustCycle, Amy Gillett Foundation, YMCA, disability sport agencies);
- sponsors.

COMMUNITY BENEFITS

Strong links between community organisations provide positive experiences for young people and foster long term participation.

These links amongst schools, community organisations and cycling clubs/associations will ensure a systematic and co-ordinated delivery of junior cycling. Close links will also provide for a smooth transition between school and club based cycling competitions.

Ongoing communication between organisations (especially schools and sport organisations) can avoid inconsistencies in cycling delivery, or when appropriate, develop a compromise (eg. program and competition models) to meet the needs of all parties.

SCHOOL/CLUB RELATIONSHIP

Clubs are important providers of the building blocks of cycling, as well as delivering program and competition pathways. Developing and fostering links with schools can assist in broadening entry opportunities, the participation base and participation opportunities.

There are mutual benefits when schools and clubs work together, including:

- the promotion of cycling programs within schools;
- increasing the number of young people being able to participate;
- sharing of resources (human, equipment etc);
- access to club services for the school;
- school involving the club in program delivery.

PEOPLE MAKING IT HAPPEN

The most important resource in junior cycling is the people who provide the infrastructure for the delivery of activities and set the social atmosphere around sport. They include:

- young people
- parents and carers
- school teachers
- coaches
- officials
- administrators
- other volunteers.

To enjoy their sport, young people should be able to:

- experience skilled and sensitive leadership through their coaches, officials and administrators;
- have input into how sport is provided for them;
- participate in an inclusive, positive and caring environment where they are not exposed to physical or verbal abuse from other young people, their parents/carers or sport providers.

CODES OF CONDUCT AND BEHAVIOUR

The cycling Codes of Conduct and Behaviour include key principles upon which coaches, officials, administrators, parents and all participants should base their cycling involvement. The Codes of Conduct and Behaviour ensure that young people develop good sporting behaviours and enjoy a positive cycling experience, which will encourage them to remain involved in cycling throughout their lives.

The delivery of junior cycling would not be possible without the continuing commitment of volunteers in all roles and at all levels of competition. Volunteers contribute to the total sporting experience of young people and in different ways they:

- make sport accessible and provide a safe and enjoyable environment for activity with friends;
- teach them sports skills;
- pass on an appreciation of attitudes leading to a healthy lifestyle;
- teach them important life lessons such as playing fair, and coping with winning and losing.

To protect the health, safety and well-being of all people participating in cycling activities, Cycling Australia has developed Role Specific Codes of Conduct and Behaviour. The Codes of Conduct and Behaviour are available on the Cycling Australia website at www.cycling.org.au in the Cycling Australia Member Protection Policy and other pages that deal with specific roles.

Cycling Australia requires the adoption of these codes by associations, clubs and other providers. Cycling Australia distributes the Codes of Behaviour to all relevant parties at the commencement of every membership period and cycling program.

QUALITY COACHING

Quality coaching is an essential element in creating a positive experience for young people in cycling. Coaches have a responsibility to assist in building the confidence, self-esteem and ability of young people through quality and level appropriate instruction, their own positive role modelling and equitable treatment of all participants. The skills that coaches help develop can be applicable in many aspects of their life beyond the sporting arena.

When coaches plan and provide sessions based on a good understanding of how young people learn and how skills are best developed, young people have the best chance of:

- enjoying their sport;
- becoming competent in skills and strategies;
- building a good knowledge of the rules, etiquette and traditions of the sport;
- being enthusiastic about life-time sport.

Above all, it is important that young people learn that sport can be fun and safe.

Coaches have a major influence on the holistic development of young people in cycling by educating them in the physical/technical skills and strategies within the rules of cycling, sporting behaviours and lifestyle/social skills.

AIMS FOR QUALITY COACHING

Important characteristics of a quality coach are:

- understanding learning styles, behavioural characteristics and developmental issues or needs of young people;
- developing appropriate programs/activities for young people;
- fostering a sense of personal achievement by recognising individual and group performance;
- developing a range of appropriate feedback techniques.

Coaches should instil in young people a sound understanding of the skills, tactics, strategies, rules, etiquette and behaviour standards of cycling.

UNDERSTANDING LEARNING

Recognising that learning is multi-dimensional is important. It highlights the complexity of acquiring skills and how broader social aspects of life impact on young people as they learn physical skills.

Learning is a lifelong and active process for both coaches and participants. It is developmental and changes as young people grow and mature with:

- physical changes;
- social, emotional and psychological development;
- experiences as they progress from familiarisation to beginner to intermediate to advanced levels of skill.

People typically learn more than one thing at a time. In the process of building cycling skills, young people are also learning what is expected of participants/competitors, how to work with friends and teammates, and skill and competition competencies.

PLANNING

Comprehensive planning is needed by coaches in developing seasonal programs, including goals and strategies for the sequential development of basic skills, competition strategies and level of challenge.

When planning, coaches need to consider:

- maximising participation and enjoyment;
- being inclusive of all young people, whether from other cultural backgrounds, or with special needs (e.g. a disability or medical condition);
- learning goals for performance (movement skills, values and attitudes);
- the actual learning tasks and objectives for the session;
- management of time and space, particularly with respect to participant safety;
- evaluation and review.

DEVELOPING EFFECTIVE COACHING SKILLS

Coaches learn to coach in two main ways – through formal learning such as coach education programs and informal learning through experience.

Coaches should have appropriate knowledge and skills gained through attending courses or workshops and must be accredited.

Cycling Australia reviews the Coaching Accreditation Framework on a regular basis to ensure that courses become more accessible and are relevant to coaches of junior cycling programs.

Refer to the Cycling Australia website at <http://cycling.org.au/Get-Involved/Coaching/Become-a-Coach> for further information regarding coaching accreditation courses.

SAFETY CONSIDERATIONS AND LEGAL MANAGEMENT FOR CYCLING

Offering cycling to young people obliges organisations and providers to take all steps to ensure their safety. An important objective of the Cycling Australia Junior Cycling Policy is to provide a fun, safe and rewarding sports experience for young people.

Cycling organisations need to:

- provide safeguards that comply with legal requirements around the physical and psychological welfare of young people;
- ensure cycling providers meet their duty of care to participants;
- ensure young people are treated fairly in all aspects of cycling provision.

Best practice by cycling providers means minimising risk to young people. This requires, but is not limited to:

- providing training for cycling providers working with young people;
- establishing and monitoring risk management procedures;
- following through with all the welfare related guidance offered, particularly by the Australian Sports Commission and Sports Medicine Australia.

Cycling providers have a legal duty of care to protect the welfare of young people and to make sure they are not exposed to risk in any aspect of cycling delivery.

To assist in meeting the 'duty of care' and 'standard of care' to young people in sport, cycling providers should have policies that:

- identify the underlying legal issues relevant to the provision of cycling;
- identify safety concerns, such as personal abuse (including harassment and discrimination), environmental conditions, medical conditions, facilities, equipment, infectious diseases, drugs and dealing with emergencies.

All cycling organisations are required to adopt the Cycling Australia Member Protection Policy (MPP) to deal with issues surrounding screening people for the right roles in cycling and ensuring that clear and adequate processes are in place in dealing with a harassment complaint.

Providers should contact the local State/Territory Cycling Association for MPP information and training courses. Schools need to contact the local public education departments for member protection information.

The MPP also provides further information that should be reviewed by any program provider regarding:

- Discrimination
- Sexual Harassment
- Child Protection

VICARIOUS LIABILITY

When a person in a sports organisation is negligent (ie. breaches the duty of care and standard of care expected of them), there may be serious repercussions for the principals of that organisation.

Commonwealth, State and Territory volunteers protection legislation has been developed to provide protection to individual volunteers from personal liability for loss, injury or damage caused as a result of an act or omission on their part while undertaking their volunteering duties on behalf of a community organisation (which generally includes a sporting organisation). Under this legislation, if liability is incurred the volunteer is protected and liability transfers to the organisation. However, protection for volunteers is not unconditional and exemptions may apply. The volunteer protection legislation differs in each jurisdiction and the summary above is of a general nature only.

Therefore, organisations can be vicariously liable for offences committed by anyone in the organisation including volunteers (paid or unpaid).

In an effort to reduce the risk of negligence by cycling providers, managers should monitor their staff/ volunteers and programs regularly.

SAFETY CONSIDERATIONS AND LEGAL MANAGEMENT FOR CYCLING

USE OF IMAGES

Cycling providers must be aware of the potential risks linked to the use of photographs/videos of young people in sport. Appropriate steps must be taken to ensure the acquisition or display of images containing young people are not misused or accessed by unauthorised personnel.

Permission must be obtained from the young person's parent/guardian prior to taking the image. Any information including the display of images must not be published unless prior consent has been granted by the parent/guardian. All personnel taking such images must abide by the MPP requirements.

PRIVACY

The Commonwealth Privacy Act and State and Territory privacy legislation governs the collection and use of personal information and provides strict guidelines about the disclosure of such information.

HEALTH AND SAFETY

Every State and Territory has legislation governing occupational or workplace health and safety (OHS). The OHS legislation may apply to workers, volunteers, students or club members.

The sport of cycling carries a degree of risk of injury.

To comply with health and safety regulations cycling providers must implement a risk management procedure so they are aware of and can attend to, any problems regarding exposure to health and safety risks.

For further information regarding risk management policies and procedures please contact the local State/Territory Cycling Association.

FACILITIES AND EQUIPMENT

Facilities, sporting equipment and protective equipment should meet the standard requirements of safety for cycling and should be inspected regularly. Cycling clothing and footwear should be appropriate, properly fitted and maintained. Consideration should be given to the suitability of roads and facilities to varying levels of age, experience and ability.

Cycling equipment (bikes, etc) must be suitable for the participant's size and physical ability so that young people:

- experience fun and success;
- are less likely to be injured.

Protective and modified equipment is also important in injury prevention. Items such as flexible witches hats and Australian Standards Approved helmets must be used at all times and regularly maintained. Safety initiatives are in place in cycling, such as the imposition of gearing and race distance restrictions to prevent physiological injury to developing bodies. These are detailed in the Cycling Australia Technical Regulations – <http://www.cycling.org.au/Home/About-CA/Rules-and-Policies>

Measures should be adopted to reduce the risk of facility or equipment-related injury during cycling activities. This includes:

- maintaining facilities and equipment in a safe condition – conduct a risk assessment prior to the commencement of every session and rectify hazards/risks as necessary;
- properly supervising all participants during sessions;
- modifying equipment and rules (as appropriate);
- cancelling races or training where inspection of riding surfaces and equipment shows they are unsuitable or unsafe for activities;
- ensuring that the areas adjacent to a training area are free of obstacles or are blocked off to prevent entry.

Contact your local State/Territory Cycling Association for further information regarding safety requirements.

SAFETY CONSIDERATIONS AND LEGAL MANAGEMENT FOR CYCLING

TRAINING AND COMPETITION

Training and competition are generally beneficial for the development of young people in sport. However, excessive involvement can compromise their health and wellbeing, and can adversely affect their performance in cycling and other sports.

Over-training and over-competing can result in serious outcomes such as injury, illness, negative psychological effects and burnout (refer to Table 2 regarding training loads and frequency).

The coach has an important role in preventing negative outcomes such as injury and illness through careful planning, implementation and evaluation of programs.

Prevention requires planning a training schedule that controls the amount of stress placed on the young person by:

- gradually increasing training loads;
- planning adequate recovery;
- providing variety in type and content of training sessions;
- carefully monitoring the effect of training;
- adjusting and/or reducing workloads when warning signs emerge.

Young people must be monitored carefully because they may not recognise warning signs and symptoms such as fatigue, muscle soreness, headaches and mood changes. Moreover, young people may not effectively communicate such a problem.

In general, the younger and less experienced the person, the less intense, less frequent, and shorter the duration of training/practice and competition, and more rest time is required within and between sessions.

PHYSIOLOGICAL CONSIDERATIONS

Thorough warm-up and cool-down exercises should accompany all cycling activities. All efforts should be made to eliminate unsafe skill practices so that young people do not sustain injuries as a result of these techniques. Young people should experience a range of activities and cycling disciplines and not over-train in particular skills.

1. Body Temperature Regulation

Compared with adults, young people have a larger skin surface to body mass ratio, and their sweat glands are immature, making them more susceptible to heat loss and heat gain. In conditions of extreme temperature and humidity, cycling sessions should be shortened or cancelled. Clothing should be suitable for the climate.

Young people who are most at risk of heat-related decreases in performance are those who are lacking cardio-vascular fitness, are high in body fat, are poorly acclimatised and in poor health.

2. Fluid Balance

Fluid balance is important at any time but needs more attention in some weather conditions. Young people do not instinctively drink enough to replace fluid lost during activity. They should be reminded to drink before, during and after programs, training and competition.

Providers should make sure there is access to additional water supplies in case participants run out or don't bring their own. Water supplies may be available at venues, but in cycling it is also likely that providers will need to bring additional water to venues that don't have ready access to taps etc.

Water is essential to fluid replacement. Methods of weight reduction by dehydration are extremely dangerous and should not be used under any circumstances.

In adverse weather conditions specific fluid practices according to Sports Medicine Australia's most current guidelines should be followed. Refer to the Sports Medicine Australia website at www.sma.org.au for further information.

3. Nutrition

The nutritional needs of junior cycling participants are affected by their level of activity. A balanced diet with adequate caloric intake, including iron and calcium, which provides them with all the essential elements should be encouraged.

SAFETY CONSIDERATIONS AND LEGAL MANAGEMENT FOR CYCLING

THE ENVIRONMENT

In managing risk, consideration must be given to environmental factors and their impact on participants.

1. Weather Conditions

Different regions in Australia vary in their definition of “extreme” weather conditions, due to specific acclimatisation issues within the local environment.

Sometimes extreme weather conditions (eg. heat, cold, rain or wind) make it advisable to postpone training and/or competition.

2. Sun Protection

Organisers of cycling competitions and events have a responsibility to protect young people, to the greatest extent practical, from the dangers of sun exposure.

Young people should be encouraged or obligated to wear appropriate clothing and apply a 30+ sunscreen on exposed skin.

Cycling organisers should also maximise the provision of shaded areas at venues and events. The expected temperature in a particular location should be considered in determining start and finish times for training sessions and events especially with respect to young participants.

Sports Medicine Australia (SMA) has developed a policy related to preventing heat illness in sport. People involved in junior cycling programs may obtain further information regarding general safety guidelines, which is specific to their geographical location, from the SMA website at www.sma.org.au.

INFECTIOUS DISEASES

The risk of contracting illnesses such as hepatitis, skin infections and upper respiratory tract infections (URTI) increases under some sports conditions.

The risk of infection increases when young people:

- live and train in close contact with others, thus increasing cross-infection;
- train in environments where germs breed (eg. indoor velodromes);
- share contaminated items (eg. drink bottles);
- are exposed to new environments when travelling to compete;
- damage the skin allowing transfer of germs;
- come in contact with other people's blood.

Appropriate preventative measures can be taken to avoid the spread of infectious diseases, such as:

- not sharing drink bottles;
- removing or cleaning blood stained clothing equipment;
- keeping infected participants away from training and competition areas;
- maintaining personal hygiene standards.

Sports Medicine Australia (SMA) has developed a policy related to infectious diseases in sport. People involved in junior cycling programs may obtain further information regarding these guidelines from the SMA website at www.sma.org.au.



SAFETY CONSIDERATIONS AND LEGAL MANAGEMENT FOR CYCLING

MEDICAL CONSIDERATIONS

Some young people have chronic medical conditions, which affect their participation in cycling. Particular care needs to be taken in the case of long-term conditions such as:

- Asthma and other respiratory conditions
- Diabetes
- Epilepsy
- Heart or lung disease
- Hepatitis
- Human Immunodeficiency Virus (HIV)

Cycling providers must be aware of the specific needs of each young person and know how to prevent and deal with problems, particularly in case of an emergency.

Parents/carers should complete a pre-participation screening questionnaire dealing with any special needs and implications for sports participation. Cycling providers must then ensure that relevant personnel within the organisation are aware of the information in the pre-participation screening questionnaire and that the information is used appropriately, such as in an emergency. A failure by the cycling provider to use the information may result in greater liability.

An alternative to collecting the pre-participation screening information is to obtain a declaration from the parent/carers that the child is medically and physically fit and able to participate in the cycling activities and that the parent/carer will immediately notify the cycling provider in writing of any change to their child's medical condition, fitness or ability to participate. This option is preferable as it places the onus on the parent/carer to ensure that their child is medically and physically fit and able to participate. This said however, if the cycling provider has actual knowledge of change to a child's fitness and ability to participate then this may result in some liability arising if no action is taken by the cycling provider.

Medical opinion should be sought when the fitness or performance of any young person is questionable, and when recovery from illness or injury is in doubt.

DRUGS

Cycling Australia has a zero tolerance policy for drugs in our sport. Social drugs such as alcohol, tobacco and cannabis are commonly available in the sport environment and social settings. Their use affects general health and well-being and should be discouraged at any activity connected with cycling. Young people should be encouraged to carry this philosophy through to their personal life.

Less common but still of concern is the use of performance enhancing drugs, which some young people may use in response to pressures to 'win at all costs'.

The American Academy of Pediatrics does not condone the use of any supplements under the age of 18 years.

Cycling Australia has its own Supplements Policy which can be accessed at <http://www.cycling.org.au/Anti-Doping-Policy-Information>

Cycling Australia has developed a comprehensive Anti-Doping Policy, which is strictly applied to all levels of the sport. This policy can be viewed on the Cycling Australia website at <http://www.cycling.org.au/Anti-Doping-Policy-Information>.

WEIGHT MANAGEMENT

Positive messages must be provided to young people about healthy eating as an aid to performing well. Cycling providers should act promptly when a dramatic change in a young person's weight becomes apparent.

SAFETY CONSIDERATIONS AND LEGAL MANAGEMENT FOR CYCLING

DEALING WITH EMERGENCIES

Planning what to do when an emergency occurs is an essential part of risk management. Cycling providers must be conversant with policies and procedures and able to deal with emergencies so young people are well cared for. This information must be communicated to all members of the organisation.

All cycling coaches are required to have a current first aid qualification as part of their accreditation. It is recommended that any other person involved in the provision of cycling events and programs have current first aid qualifications. Medical opinion should be sought when:

- the health of a participant is questionable;
- recovery from illness/injury is uncertain;
- a participant is injured during training/competition.

When medical advice cannot be obtained, the cycling provider should not allow the young person to participate.

A first aid kit must be available at training and competition venues. Emergencies should be formally reported, discussed, and changes made to procedures if needed.



GLOSSARY OF ACRONYMS AND KEY TERMS

The following terms and definitions are provided to ensure clarity of the information.

ACRONYMS	
AASN	Active Australia Schools Network
ACHPER	Australian Council for Health, Physical Education and Recreation
ADHD	Attention Deficit and Hyperactivity Disorder
ASC	Australian Sports Commission
CLD	Culturally and Linguistically Diverse
JSF	Junior Sport Framework
JCP	Junior Cycling Policy
NSO	National Sporting Organisation
P&C	Parents and Citizens Association
SMA	Sports Medicine Australia
URTI	Upper Respiratory Tract Infection

KEY TERMS	
Administrator	a person responsible for managing the delivery of cycling
Adolescence	the transition period between puberty and adult stages of development, generally from the age of 12
Carer	any person given the responsibility for supervision of a junior (eg. guardian or relative)
Children	young people aged 5 to 12 years
Chronic Illness	an illness persisting over an extended period of time
Club	community cycling organisations
Coach	a leader, teacher or instructor in cycling
Community Sport	all cycling provided for young people by cycling clubs and other community organisations outside the school system
Competition	a structured contest measuring performance against an opponent, oneself or the environment
Cycling Experience	the holistic concept of learning cycling skills and behaviours through participation, training, practice and competition in a fun and safe environment
Disability	activity limitations or participation restrictions that are related to an impairment of body structure or function
Duty of Care	responsibility to act in a required manner of care, which will arise when one person reasonably ought to have another in mind at the time of engaging in the conduct
Egocentric	interested only in the needs and wants of the self and not caring about other people
Elite Sport	cycling performed at national or international levels
Etiquette	the rules of correct behaviour in cycling
Growth Plate	a region of cartilage near the ends of bone from which bone growth occurs and which is weaker than mature bone
Junior Cycling	the organisation and management of cycling activities for young people aged 5 to 12 years
Member Protection	a term used widely in the sports industry to mean practices and procedures that protect an organisations members
Negligence	an action in tort which protects people from the careless behaviour of other members of the community. To be successful in an action for negligence the following must be established: a duty of care; a failure to observe the standard of care expected and the other party suffering damage as a consequence
Official	Commissaire, time keeper or other person involved in the organisation and delivery of cycling programs and events

GLOSSARY OF ACRONYMS AND KEY TERMS

The following terms and definitions are provided to ensure clarity of the information.

KEY TERMS	
Pathways	planned steps for young people to progress from beginner to experienced participant as a player, official, administrator, coach and/or team support person
Practice	repeated performance to gain or improve a skill
Providers	all those involved in the provision of junior cycling (eg. volunteers, parents, coaches, teachers, officials, administrators, schools, clubs and government and private providers)
Recreational	when sport is played for fun, and to maintain skills (eg. mixed/social competitions)
Schools	educational institutions: primary, special and secondary
Session	includes training, practice or competition
Selection Policy	the basis for selection decisions and young people's rights in relation to such decisions
Training	the systematic process of improving cycling performance through instruction and practice. This term is not necessarily elite focused; it can also refer to a structured practice session
Vicarious Liability	when one person is liable for the negligent actions of another person, even though the first person was not directly responsible for the action
Young People	people aged 5 – 17 years

ACKNOWLEDGEMENTS

Cycling Australia wishes to acknowledge the contribution of the Australian Sports Commission's Junior Sport Unit in the development of this policy.



FURTHER RESOURCES AND WEBSITE REFERENCES

FURTHER RESOURCES

Child Protection:	A Resource for the Sport and Recreation Industry (Policies and Procedures), Western Australia Government – Ministry of Sport and Recreation, 2000.
Child Protection:	A Simple Guide for Sport and Recreation Organisations Parents, New South Wales Sport and Recreation, 2003.
Child Protection in Sport and Recreation:	Guidelines for Achieving Child Protection for Peak Bodies and Associations, New South Wales Sport and Recreation, 2003.
Child Protection in Sport and Recreation:	Guidelines for Achieving Child Protection for Sport and Recreation Clubs, New South Wales Sport and Recreation, 2004.
Child Protection in Sport and Recreation:	Guidelines for Parents, Guardians and Children, New South Wales Sport and Recreation, 2004.
Harassment-free Sport:	Guidelines for Athletes, Australian Sports Commission, 1998.
Harassment-free Sport:	Guidelines for Coaches, Australian Sports Commission, 1998.
Harassment-free Sport:	Guidelines for Officials, Australian Sports Commission, 2000.
Harassment-free Sport:	Guidelines for Sports Administrators, Australian Sports Commission, 1998.
Harassment-free Sport:	Guidelines for Sport and Recreation Organisations, Australian Sports Commission, 1998.
Harassment-free Sport:	Guidelines to Address Homophobia and Sexuality Discrimination in Sport, Australian Sports Commission, 2000.
Harassment-free Sport:	Protecting Children from Abuse in Sport, Australian Sports Commission, 2000.
How to become a sport safe club:	Guidelines for Developing and Implementing a Sport Safety Plan, Sports Medicine Australia & Sport Safe Australia, 1998.
Project Axis:	Providing Safe Environments for Children and Young People in Sport, Recreation and Adventure Organisations, Queensland Government – Department of Families.
Working with Children Check, Queensland Government:	Commission for Children and Young People.



FURTHER RESOURCES AND WEBSITE REFERENCES

WEBSITE REFERENCES

Australasian Legal Information Institute
www.austlii.edu.au

Australian Sports Commission
www.ausport.gov.au

Child Wise and ECPAT
www.childwise.net

Commission for Children and Young People
and Child Guardian
www.childcomm.qld.gov.au

Commissioner for Children Tasmania
www.childcomm.tas.gov.au

Department for Families and Communities South
Australia www.familiesandcommunities.sa.gov.au

Department of Sport and Recreation
Western Australia
www.dsr.wa.gov.au

Disability Sport Unit – Australian Sports Commission
www.ausport.gov.au/dsu/index.asp

National Association for Prevention of Child Abuse
and Neglect
www.napcan.org.au

National Institute of Family Studies – National Child
Protection Clearing House [www.aifs.gov.au/nch/
state](http://www.aifs.gov.au/nch/state)

New South Wales Commission for Children
and Young People
www.kids.nsw.gov.au/check

New South Wales Department of Sport and Recreation
Child Protection and Employment Screening
www.dsr.nsw.gov.au

Northern Territory Department of Community
Development, Sport and Cultural Affairs
www.dcdsca.nt.gov.au

Office for Recreation and Sport South Australia
www.recsport.sa.gov.au

Play by the Rules
www.playbytherules.net.au

Review of the Safety of Children in Care in the ACT
and ACT Child Protection Management
www.childprotectionreview.act.gov.au

Scale plus Law Resource Attorney General's
Department
www.scaleplus.law.gov.au

School Sport Australia
www.schoolsport.edu.au

Sport and Recreation Queensland
www.srq.qld.gov.au

Sport and Recreation Tasmania
www.development.tas.gov.au/sportrec/home.htm

Sports Medicine Australia
www.sma.org.au

FURTHER RESOURCES AND WEBSITE REFERENCES

CYCLING AUSTRALIA

Suite A, Level 2, 280 Coward Street,
Mascot NSW 2020
Postal: PO Box 6310, Alexandria NSW 2015
Ph: 02 9339 5800
Fax: 02 9339 5888
info@cyclimg.org.au
www.cyclimg.org.au

CYCLING ACT

PO Box 1487
Dickson ACT 2602
Ph: 02 6247 1733
Fax: 02 6230 5450
act.info@cyclimg.org.au
www.act.cyclimg.org.au

CYCLING NSW

PO Box 7209
Bass Hill NSW 2197
Ph: 02 9738 5850
Fax: 02 9738 5853
nsw.cyclimg.org.au
www.nsw.cyclimg.org.au

CYCLING NT

PO Box 2487
Alice Springs NT 0871
Ph: 0428 523 684
mandyjoyhargreaves@gmail.com
www.nt.cyclimg.org.au

CYCLING QUEENSLAND

PO Box 4115
Gumdale Qld 4154
Ph: 07 3390 1477
Fax: 07 3390 2852
qld.info@cyclimg.org.au
www.qld.cyclimg.org.au

CYCLING SA

PO Box 602
Enfield Plaza SA 5085
Ph: 08 8260 1800
Fax: 08 8260 7778
sa.info@cyclimg.org.au
www.sa.cyclimg.org.au

CYCLING TASMANIA

PO Box 357
Launceston TAS 7250
Ph: 03 6343 4343
tas.info@cyclimg.org.au
www.tas.cyclimg.org.au

CYCLING VICTORIA

PO Box 180
Fairfield VIC 3078
Ph: 03 8480 3000
Fax: 03 8480 3099
vic.info@cyclimg.org.au
www.vic.cyclimg.org.au

CYCLESPOORT WESTERN AUSTRALIA

105 Cambridge St
West Leederville WA 6007
Ph: 08 6336 9680
info@westcycle.org.au
www.wa.cyclimg.org.au

Cycling Australia and State/Territory Cycling Associations provide support and service to cycling participants and providers through membership to the association in each State/Territory. Information on cycling membership can be found on the Cycling Australia and State/Territory cycling websites.

